

Maryland Million Hearts

Dr. Rebecca Fitch

**Physician Director, Population Care Management
MidAtlantic Permanente Medical Group**

Feb 10, 2015

HTN is universal in our population

Lifetime risk of developing HTN is 90% for non-hypertensive patients age 55-60 who survive to 80-85

Vision:

- Control Blood Pressure effectively, and focus on patient-centered care
- Strive for culturally competent, equitable care for all
- Continue to reduce incidence of heart attack & stroke

Educate and Engage Health care teams

-36: 1 Campaign

-Responsibility must be taken by all health care team members:

- “Clinical Inertia” is a major factor in under-treatment and fuels non-adherence
- All clinical interactions are opportunities to intervene
- Dispel the myth of “White Coat HTN”

Engage staff and standardize workflows

- Record BP at every clinical encounter in every department:
 - Correct technique for BP measurement
 - Repeat measurement if initial measurement is elevated
 - Expectation to alert MD if BP >140/90 after repeat measurements
- Aggressive follow-up every 2 weeks until BP is under control
- CA BP clinics established at every medical center:
 - BP check free of charge to members

Documentation

Medication Management and Workflows

Treatment Protocol

Entire health care team engagement

Leverage Electronic Medical Record

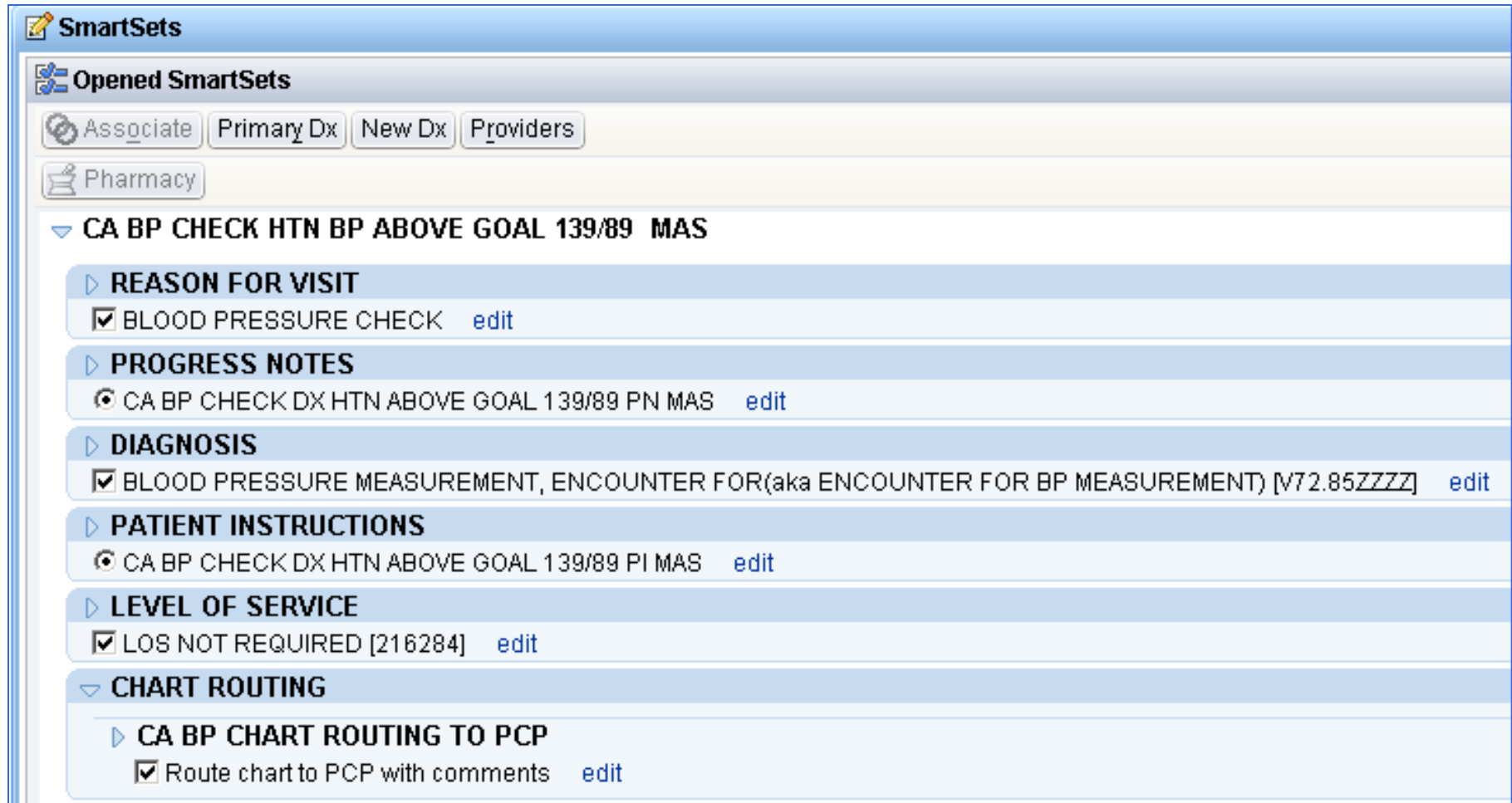
Patient Engagement

Additional alerts are built into the EMR to highlight elevated BP readings and call attention to a needed action

OFFICE VISIT	Reason for Visit
Intro	None
Reason for Visit	Vitals
Vitals	New Set of Vitals
Rooming Tools	2/21/14 3:24 PM
Supplemental Vital	BP 175/85
Care Teams	Pulse

Vitals	Blood pressure exceeds 139/89. Patient has diabetes. Consider adjusting medications.
Rooming Tools	
Supplemental Vital	
Care Teams	
BestPractice	Acknowledge reason: <input type="text"/>
Patient Level Data	<input type="button" value="No tx change indicated today"/>
	<input checked="" type="checkbox"/> Open SmartSet: BP Control Meds preview





Smartsets within KP EMR provide clear action plans to reduce variation and encourage action




The screenshot displays the 'SmartSets' interface. At the top, there is a header bar with a pencil icon and the text 'SmartSets'. Below this is a section titled 'Opened SmartSets' with a folder icon. Underneath, there are four buttons: 'Associate' (with a circular arrow icon), 'Primary Dx', 'New Dx', and 'Providers'. Below these buttons is a 'Pharmacy' button with a mortar and pestle icon. The main content area is titled 'CA BP CHECK HTN BP ABOVE GOAL 139/89 MAS' with a dropdown arrow. It contains several expandable sections, each with a right-pointing triangle icon: 'REASON FOR VISIT' (containing a checked checkbox for 'BLOOD PRESSURE CHECK' and an 'edit' link), 'PROGRESS NOTES' (containing a radio button for 'CA BP CHECK DX HTN ABOVE GOAL 139/89 PN MAS' and an 'edit' link), 'DIAGNOSIS' (containing a checked checkbox for 'BLOOD PRESSURE MEASUREMENT, ENCOUNTER FOR(aka ENCOUNTER FOR BP MEASUREMENT) [V72.85ZZZZ]' and an 'edit' link), 'PATIENT INSTRUCTIONS' (containing a radio button for 'CA BP CHECK DX HTN ABOVE GOAL 139/89 PI MAS' and an 'edit' link), 'LEVEL OF SERVICE' (containing a checked checkbox for 'LOS NOT REQUIRED [216284]' and an 'edit' link), and 'CHART ROUTING' (containing a right-pointing triangle icon for 'CA BP CHART ROUTING TO PCP' and a checked checkbox for 'Route chart to PCP with comments' with an 'edit' link).

SmartSets

Opened SmartSets

 Associate  Primary Dx  New Dx  Providers

 Pharmacy

▼ **CA BP CHECK HTN BP ABOVE GOAL 139/89 MAS**

▶ **REASON FOR VISIT**

☒ BLOOD PRESSURE CHECK [edit](#)

▶ **PROGRESS NOTES**

☒ CA BP CHECK DX HTN ABOVE GOAL 139/89 PN MAS [edit](#)

▶ **DIAGNOSIS**

☒ BLOOD PRESSURE MEASUREMENT, ENCOUNTER FOR(aka ENCOUNTER FOR BP MEASUREMENT) [V72.85ZZZZ] [edit](#)

▶ **PATIENT INSTRUCTIONS**

☒ CA BP CHECK DX HTN ABOVE GOAL 139/89 PI MAS [edit](#)

▶ **LEVEL OF SERVICE**

☒ LOS NOT REQUIRED [216284] [edit](#)

▼ **CHART ROUTING**

▶ **CA BP CHART ROUTING TO PCP**

☒ Route chart to PCP with comments [edit](#)

Clinical Practice Guideline

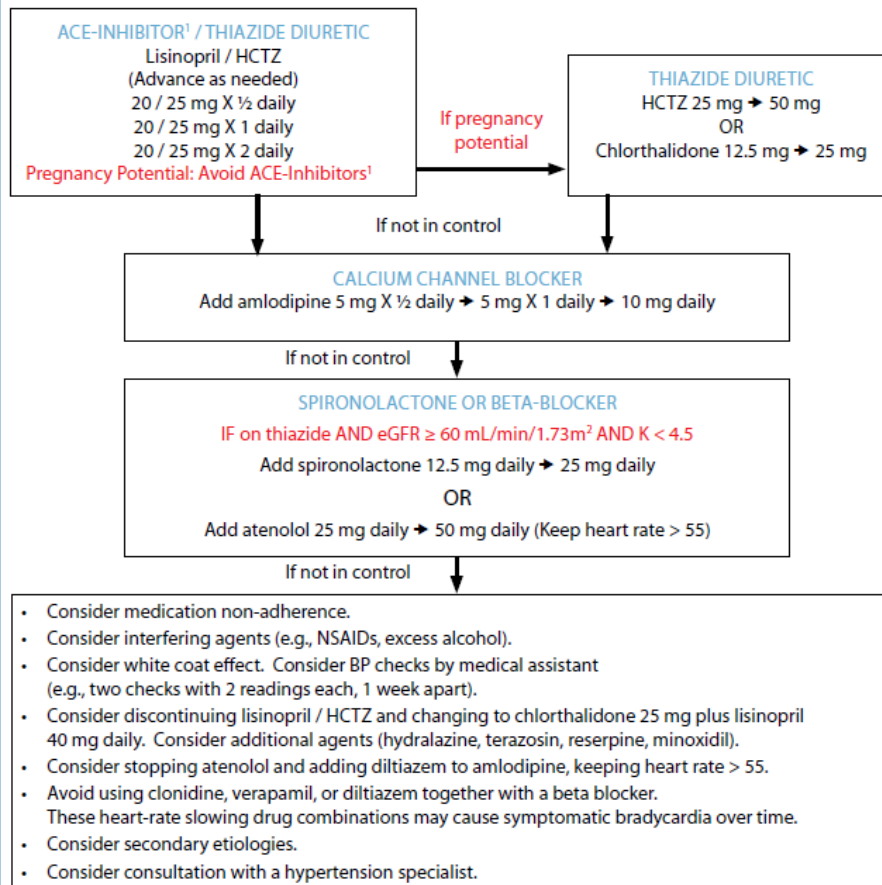
Adult Hypertension

care management | institute

BLOOD PRESSURE (BP) GOAL

≤ 139 / 89 mm Hg – All Adult Hypertension

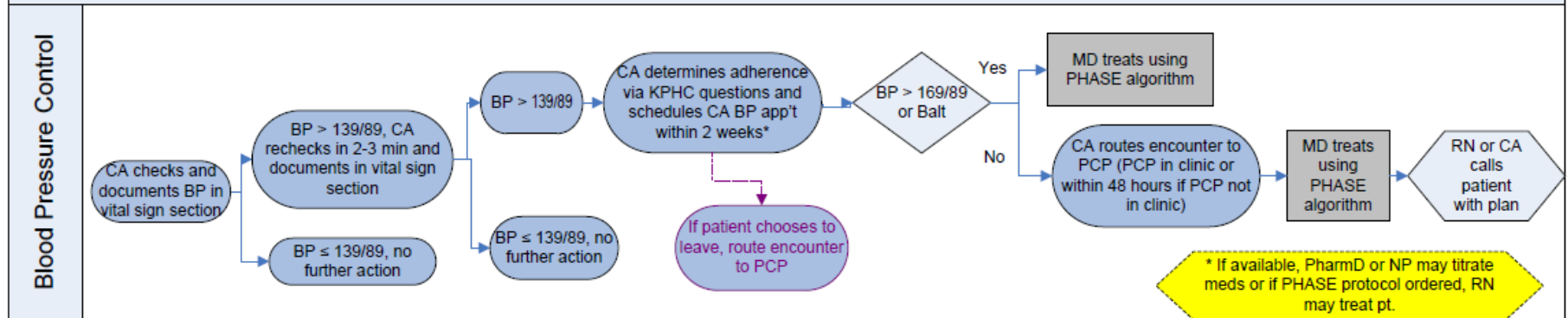
NNT CVA² = 63
NNT MI² = 86
NNT CVA or MI² = 36



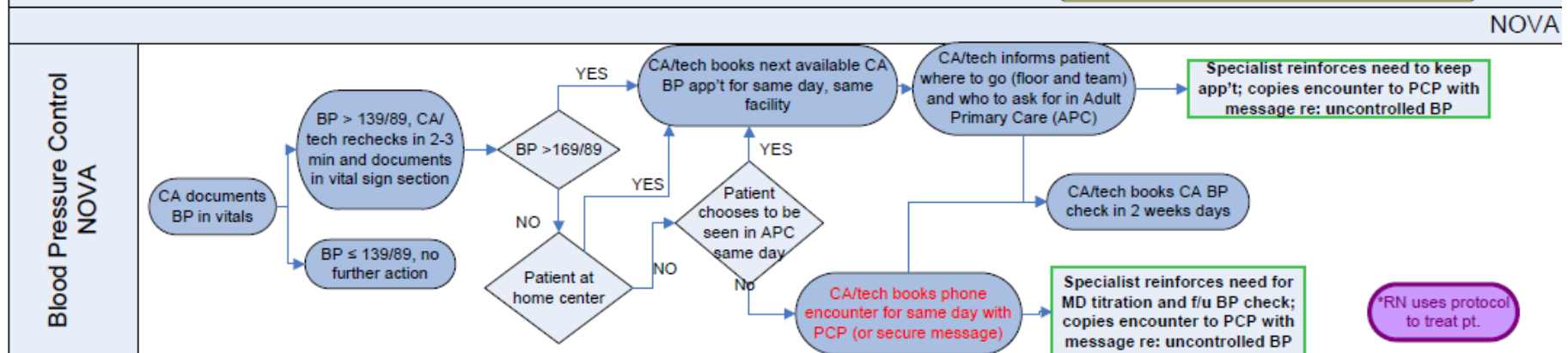
1. ACE-Inhibitors are contraindicated in pregnancy and not recommended in most child-bearing age women.
2. NNT = number needed to treat to prevent one event, maintaining hypertension control for at least 5 years.

Treatment Algorithm Protocol

Primary Care Hypertension Workflow































Specialty and Urgent Care Department Hypertension Workflow

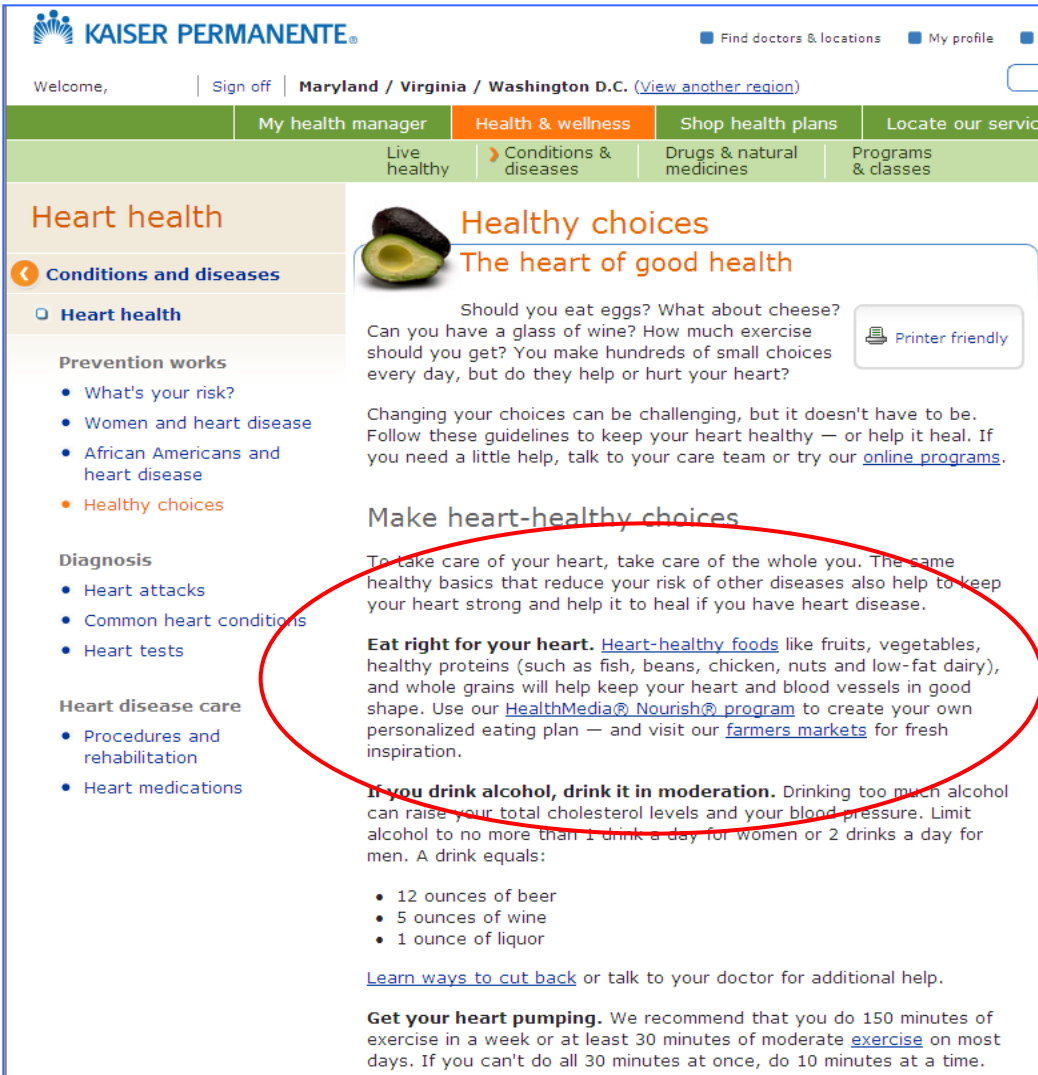


EMR – Panel Management Tools for Clinicians

Panel management tools exist to allow primary care providers to easily identify their patients with uncontrolled HTN

<input type="checkbox"/> All	Action	MRN	Patient Name	Age	Gender	Race	Gap Score	CDCF	Medicaid	Medicare Flag	HTN	Breast Cancer Screening Coming Due	Breast Cancer Override Flag	Breast Cancer Override Date	Cervical Cancer Screening Overdue	Cervical Cancer Screening Coming Due	Cervical Cancer Override Flag	Cervical Cancer Override Date	Colorectal Screening Due	Colorectal Cancer Override Flag	Colorectal Cancer Override Date	Pneumovax Due	Diabetes	  CAD	CVD	HF			
<input type="checkbox"/>	 			87	F	W	3	Y		Y	CTL											Y	MOD	MOD	HIGH	MOD			
<input type="checkbox"/>	 			40	M	B	1	Y				STG2												ESRD	MOD	HIGH	ESRD		
<input type="checkbox"/>	 			66	F	B	1	Y				CTL													MOD	MOD	HIGH	MOD	
<input type="checkbox"/>	 			73	M	B	3	Y			Y												Y	MOD	MOD	MILD			
<input type="checkbox"/>	 			80	F	B	0	Y			Y	CTL														LOW	MILD		
<input type="checkbox"/>	 			89	F	W	0	Y			Y	CTL															LOW	MOD	
<input type="checkbox"/>	 			53	F	B	4	Y					STG1								Y			Y	MOD	LOW	HIGH		
<input type="checkbox"/>	 			64	M	W	4	Y					CTL								Y			Y	MOD	LOW	MOD		
<input type="checkbox"/>	 			81	M	B	1	Y				Y	CTL														LOW	MOD	
<input type="checkbox"/>	 			71	M	B	3	Y				Y												Y			LOW	MILD	
<input type="checkbox"/>	 			61	F	B	2	Y					CTL											Y			LOW	MILD	
<input type="checkbox"/>	 			43	F	B	1	Y					CTL												ESRD	LOW	HIGH		
<input type="checkbox"/>	 			64	M	B	0	Y					CTL														LOW	MILD	

Online resources available for patients to partake in self care



The screenshot shows the Kaiser Permanente website interface. The top navigation bar includes the logo, 'Welcome,' a 'Sign off' link, and regional links for 'Maryland / Virginia / Washington D.C. (View another region)'. Below this is a main menu with 'My health manager', 'Health & wellness' (highlighted), 'Shop health plans', and 'Locate our service'. A secondary menu under 'Health & wellness' includes 'Live healthy', 'Conditions & diseases' (highlighted), 'Drugs & natural medicines', and 'Programs & classes'. The main content area is titled 'Heart health' and features a 'Healthy choices' section with the subtitle 'The heart of good health'. This section includes an image of an avocado and text about making healthy choices. A red circle highlights the 'Healthy choices' section, which includes a 'Printer friendly' button and a 'Make heart-healthy choices' section. The 'Make heart-healthy choices' section contains text about taking care of the whole you, a section on 'Eat right for your heart' with links to 'Heart-healthy foods' and 'HealthMedia® Nourish® program', and a section on 'If you drink alcohol, drink it in moderation' with a list of alcohol equivalents. At the bottom, there is a link to 'Learn ways to cut back' and a section on 'Get your heart pumping'.

KAISER PERMANENTE®

Welcome, | Sign off | Maryland / Virginia / Washington D.C. (View another region)

My health manager | **Health & wellness** | Shop health plans | Locate our service

Live healthy | **Conditions & diseases** | Drugs & natural medicines | Programs & classes

Heart health

Conditions and diseases

Heart health

- Prevention works
 - What's your risk?
 - Women and heart disease
 - African Americans and heart disease
 - Healthy choices**
- Diagnosis
 - Heart attacks
 - Common heart conditions
 - Heart tests
- Heart disease care
 - Procedures and rehabilitation
 - Heart medications

Healthy choices

The heart of good health

Should you eat eggs? What about cheese? Can you have a glass of wine? How much exercise should you get? You make hundreds of small choices every day, but do they help or hurt your heart?

Changing your choices can be challenging, but it doesn't have to be. Follow these guidelines to keep your heart healthy — or help it heal. If you need a little help, talk to your care team or try our [online programs](#).

Make heart-healthy choices

To take care of your heart, take care of the whole you. The same healthy basics that reduce your risk of other diseases also help to keep your heart strong and help it to heal if you have heart disease.

Eat right for your heart. [Heart-healthy foods](#) like fruits, vegetables, healthy proteins (such as fish, beans, chicken, nuts and low-fat dairy), and whole grains will help keep your heart and blood vessels in good shape. Use our [HealthMedia® Nourish® program](#) to create your own personalized eating plan — and visit our [farmers markets](#) for fresh inspiration.

If you drink alcohol, drink it in moderation. Drinking too much alcohol can raise your total cholesterol levels and your blood pressure. Limit alcohol to no more than 1 drink a day for women or 2 drinks a day for men. A drink equals:

- 12 ounces of beer
- 5 ounces of wine
- 1 ounce of liquor

[Learn ways to cut back](#) or talk to your doctor for additional help.

Get your heart pumping. We recommend that you do 150 minutes of exercise in a week or at least 30 minutes of moderate [exercise](#) on most days. If you can't do all 30 minutes at once, do 10 minutes at a time.

- Controlling Blood Pressure online video
- HealthMedia®Care™ for Your Health online program
 - 75 percent are better communicating with their doctors
 - 52 percent increase in managing daily activities
 - 55 percent increase in managing emotional issues
 - 54 percent increase in managing medical needs •
 - 69 percent said their health improved
 - 72 percent are managing their stress better
- Tips to keep blood pressure at recommended levels, including medications and DASH Diet
- Resources for exercise, quitting tobacco use, stress management and much more!

Complete Care Journal – centralized mailing direct to members



Samantha, here is your personal

Complete Care Journal



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Blood Pressure (BP)

What is it? The pressure of blood against artery walls.

So What? Higher blood pressure (hypertension) raises the risk of a heart attack, stroke and kidney disease.

Your Info

most information as of 04/16/13

Your last BP was	Recorded on	Your BP before that was	Recorded on
more than 2 years ago	-	more than 2 years ago	-

BP Status

- ☐ Within ideal range
☐ Above ideal range

Notes

Call an appointment representative at 703-359-7878 or TTY 703-359-7616 or 1-800-777-7904 (toll free) or TTY 1-800-700-4901 to schedule a blood pressure check.*

More Information

Visit kp.org/heart to discover your healthy living options and possible lifestyle changes.

*There is no copay if you visit a non-physician member of your health care team at a Kaiser Permanente medical center to have your blood pressure checked.



Provide Report
Be Transparent
Recognize High Performance

Never miss the opportunity to intervene in a case of elevated BP while the member is in the center!

This certificate is updated every week to show the top performers

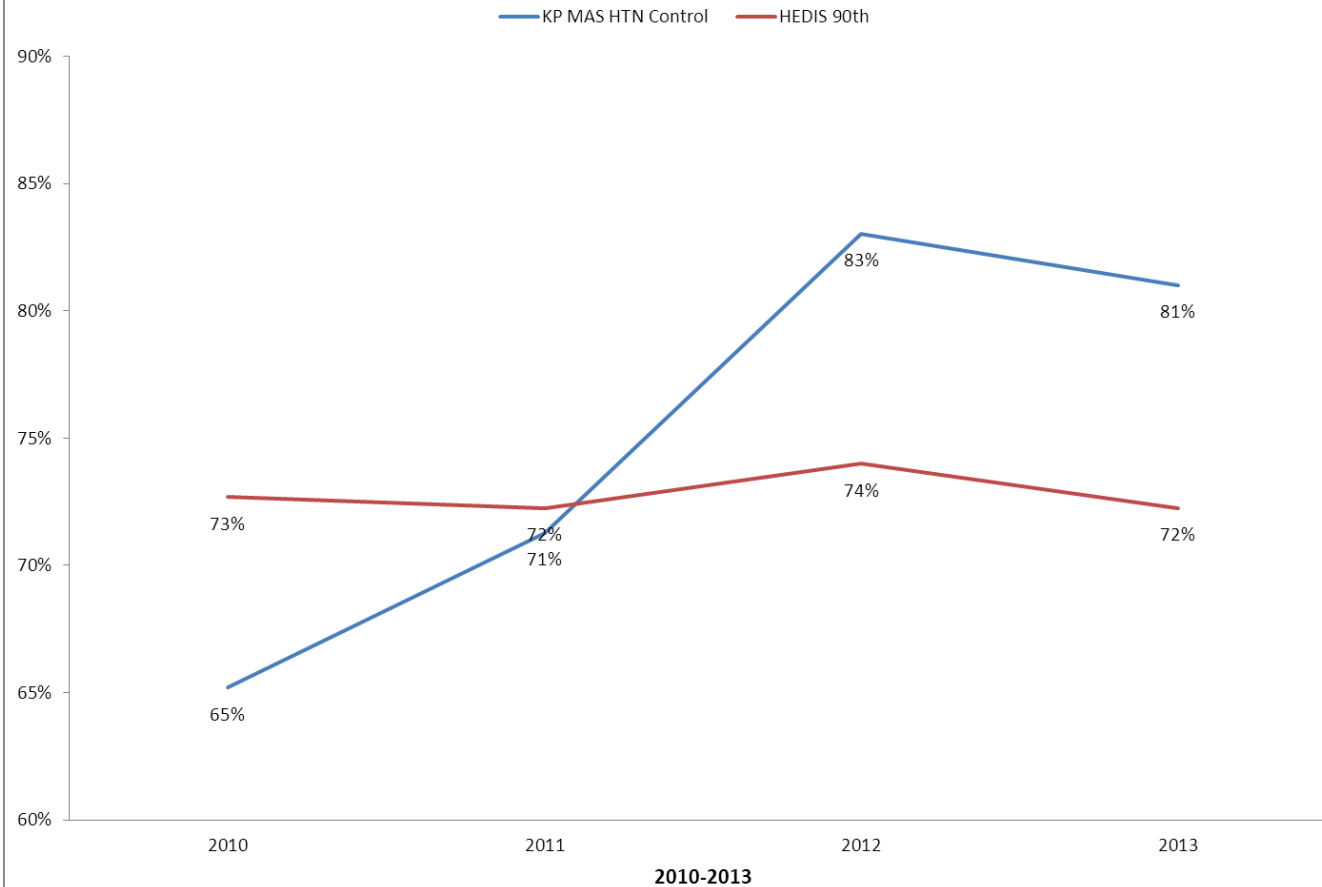


Each week I announced who had the highest % blood pressure in control and the most improved

KPMAS Controlling High Blood Pressure - HEDIS 2010 to 2013



Commerical KPMAS Controlling High Blood Pressure - HEDIS 2010 to 2013

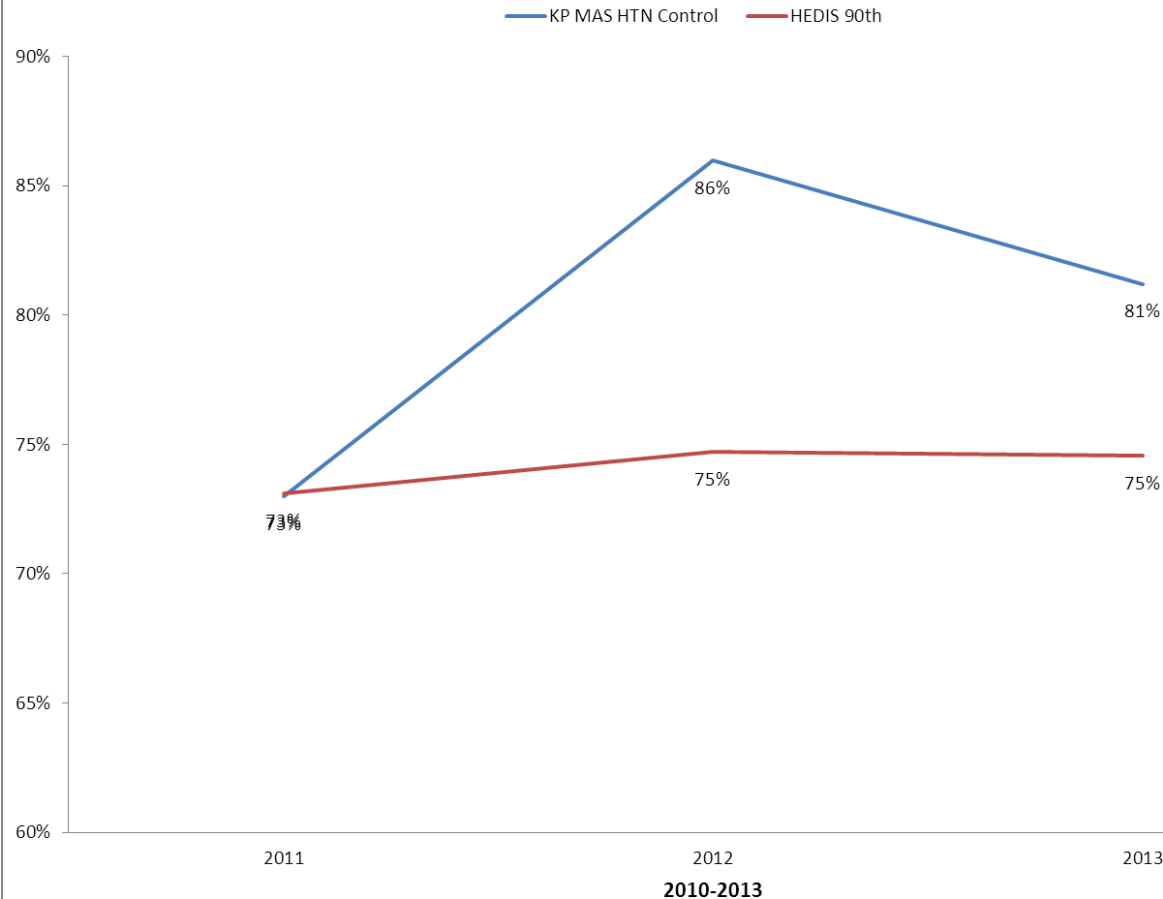


Commercial	HEDIS 2010	HEDIS 2011	HEDIS 2012	HEDIS 2013
Controlling High Blood Pressure KPMAS	65.21%	71.29%	83.04%	81.02%
Controlling High Blood Pressure HEDIS 90th %tile	72.68%	72.26%	74.00%	72.26%

KPMAS Controlling High Blood Pressure - HEDIS 2010 to 2013

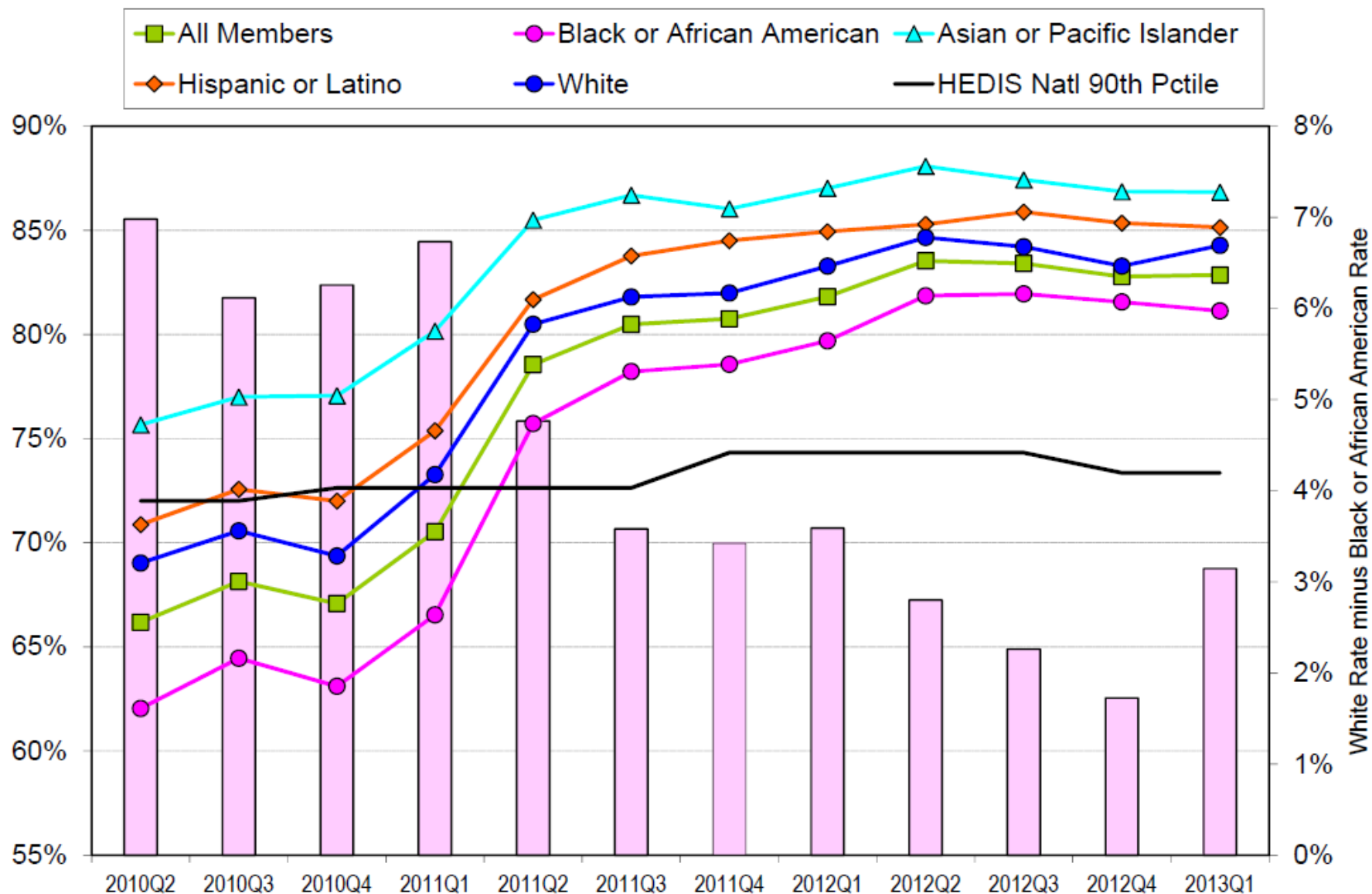


Medicare KPMAS Controlling High Blood Pressure - HEDIS 2010 to 2013



Medicare	HEDIS 2011	HEDIS 2012	HEDIS 2013
Controlling High Blood Pressure KPMAS	72.99%	85.97%	81.21%
Controlling High Blood Pressure HEDIS 90th %tile	73.10%	74.70%	74.56%

Controlling High Blood Pressure, by Race/Ethnicity - MAS Region



- **Partnership**—Work with CA to set goals, determine optimal processes, huddle weekly
- **Use the Tools**—Inreach, Outreach
- **Document** the BP in the right place
- **Intervene**—Titrate using medication protocols
- **Reinforce** the intervention
- **Follow up**—Timely, targeted and ongoing until BP goal is met
- **Be relentless**, seize every opportunity
- **Address HTN**, even in cases of “white coat HTN”
- **Prioritize HTN** as an outreach task and recognize high-performers